



LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
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July 10, 2014

TO: Each Supervisor
Robin Kay for
FROM: Marvin J. Southard, D.S.W.
Director
SUBJECT: **ADVANCE NOTIFICATION OF INTENT TO ENTER INTO A SOLE
SOURCE CONTRACT AGREEMENT WITH THE ACADEMY OF
COGNITIVE THERAPY**

This memo is to comply with the Board of Supervisors Policy Manual, Section 5.100, Sole Source Contracts. It is the Los Angeles County Department of Mental Health's (DMH) intent to enter into sole source contract negotiations with The Academy of Cognitive Therapy, located at 245 N. 15th Street, MS 403/#17302 New College Building/Department of Psychiatry, Philadelphia, PA 19102.

Early in 2013, in preparation for Health Care Reform and the continuation of implementing effective Prevention and Early Intervention (PEI) evidence-based practices (EBP), DMH with its stakeholders committed to develop a structured Cognitive Behavioral Therapy (CBT) training program. DMH intends to train 2,000 clinicians across our countywide network of care in CBT for adult consumers age 18 and older receiving mental health services under the Mental Health Services Act (MHSA) Community Services and Support (CSS) and PEI program plans. The DMH EBP Committee approved the following Individual (Ind) CBT training protocol focusing on the treatment of depression, anxiety, and trauma:

- 1) 3-day initial training and 1-day Booster training
- 2) Consultative Services
 - a) 16 weeks of consultation calls
 - b) Review of 3 audio recordings and 3 case conceptualizations

DMH also approved a sustainability plan to establish 50 Clinical Champions as certified CBT consultants through a train-the-trainer protocol capable of providing the consultative services described above.

Other requirements of this CBT training program include:

- (1) A minimum of 20 CBT certified trainers/consultants available to provide training/consultative services.
- (2) The ability to set up and maintain an online application service to review the summary of Ind CBT training and personnel information for the 2,000 trainees.
- (3) The ability to develop and monitor the HIPAA web site approved by the DMH Chief Information Office Bureau and an infrastructure to coordinate consultative services of the Ind CBT training protocol.
- (4) The ability to provide consultative services in other languages such as Spanish, Armenian, Farsi, and/or those from Asian Pacific Islander ethnic populations.
- (5) Govern and oversight by a board of licensed clinicians, academia, and researchers from the cognitive/cognitive-behavioral specialty.
- (6) Training material based on the key principles of cognitive therapy developed by Aaron T. Beck, M.D., the pioneer of cognitive behavioral therapy.

The entire training protocol will take a maximum of six months in length. DMH seeks to maintain a minimum of four cohorts of 100 staff per six-month period therefore fully implementing the Ind CBT training program over the course of minimally two and a half years. The total contract amount to train 2,000 clinicians and establish a sustainability plan in Ind CBT is \$2,485,800 for Fiscal Year (FY) 2014-2015 to FY 2016-2017 and is fully funded by MHSA CSS and PEI dollars.

The Executive Management Team and the DMH EBP Committee released a solicitation to identify one vendor to provide all the training and consultative services to train 2,000 clinicians in CBT. Adult System of Care (ASOC) Administration utilized four research methods to determine viable organizations: a Google search of current CBT training institutes or organizations with the means to train and certify clinicians in CBT, consultation with the DMH EBP Committee and the members of its Academic Review Panel, consultation with Harbor UCLA CBT team members, and consultation with representatives from the American Psychological Association and California Institute of Mental Health. On July 5, 2013, ASOC sent an email to eight eligible organizations to determine their capability and interest in applying to the solicitation process in addition to providing information on the application process to become eligible to apply to an open solicitation through the County. Four organizations expressed interest; however, only one organization, The Academy of Cognitive Therapy, confirmed the ability to meet all the requirements and had experience implementing a similar program on a smaller scale in Texas. On March 26, 2014, ASOC sent a follow-up email to the remaining three CBT training institutes to determine their interest in applying to the process. Although all three institutes contacted ASOC for additional information, they later confirmed their inability to provide the Ind CBT training program at such a magnitude

and chose not to apply to the solicitation process. Upon completing this process, DMH consulted with County Counsel and confirmed sole source justification was established on April 25, 2014. Therefore, The Academy of Cognitive Therapy is the only entity who meets the qualifications to provide Ind CBT training to the 2,000 clinicians in Los Angeles County.

Unless otherwise instructed by a Board office within two weeks, DMH will proceed with negotiating the sole source contract. DMH will work closely with both the Office of the County Counsel and the Chief Executive Office in preparing a new agreement with The Academy of Cognitive Therapy.

MJS:CW:UNP

c: Health Deputies
Chief Executive Officer
Executive Officer, Board of Supervisors
County Counsel